
Learning Objectives

MedBridge

Identification and Evaluation of Thoracic Outlet Syndrome

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Chapter 1: Types of Thoracic Outlet Syndrome

- Describe the anatomy of the thoracic outlet region and 3 main areas of brachial plexus irritation: scalene triangle, costoclavicular space, and beneath the pectoralis minor muscle
- Identify the two types of clinical presentations associated with disputed neurogenic TOS: “compressors”: those who experience intermittent traction on the brachial plexus with overhead activity and “releasers”: those who experience their symptoms primarily at night

Chapter 2: Clinical Testing for TOS

- Be able to identify specific clues from the patient history to determine a releaser from a compressor
- Understand how to perform a cervical screen, Elevated Arm Stress Test, and Cyriax Release test

Chapter 3: 1st & 2nd Rib Mobility Assessment

- Understand the mechanics of the 1st and 2nd ribs and how 1st rib elevation can contribute to irritation of the brachial plexus
- Describe how to perform the Cervical Rotation Lateral Flexion test, Spring test and joint-specific testing of the 1st and 2nd ribs